

## Interventions through IAPT

### Request

Regarding the delivery of high-intensity (Step 3) level interventions through IAPT, please could you provide the following data:

1. In the first quarter of 2013-14 (i.e. 1<sup>st</sup> April to 30<sup>th</sup> June 2013) how many sessions of high intensity (step 3) level interventions did the IAPT service which Leicestershire Partnership NHS Trust provides deliver in total?
2. Of these, how many were sessions of Behavioural Couples Therapy (also known as Couple Therapy for Depression)?
3. What is the waiting time for someone who is referred for Behavioural Couples Therapy (also known as Couple Therapy for Depression)?
4. What is the waiting time for someone who is referred for Cognitive Behavioural Therapy (as a high intensity/step 3 level intervention)?

### Our Response

1. 4455 appointments were scheduled, of which 3230 were attended
2. 5
3. 29.5 days
4. Days waited to be scheduled = 18  
Days waited to be seen = 20